

DINNERLY



Fast Chicken and Slaw Tacos with Mint



25 minutes



2 Servings

The right amount of spice, the perfect amount of crunch and the ideal amount of juicy, tender chicken make these a good weeknight fit.

- 1 red onion
- 200g cabbage
- mint
- 6 flour tortillas¹
- free-range chicken tenderloins
- 5g Jamaican jerk seasoning

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs white wine vinegar ¹⁷
- ½ tsp sugar
- 2 tbs olive oil
- 1½ tbs mayonnaise ³

- foil
- medium frypan

Our veggies come straight from the farm,
so please wash them before cooking.

Gluten (1), Egg (3), Soy (6), Sulphites (17).
May contain traces of other allergens.

Energy 725kcal, Fat 38.5g, Carbs 44.4g,
Proteins 42.4g



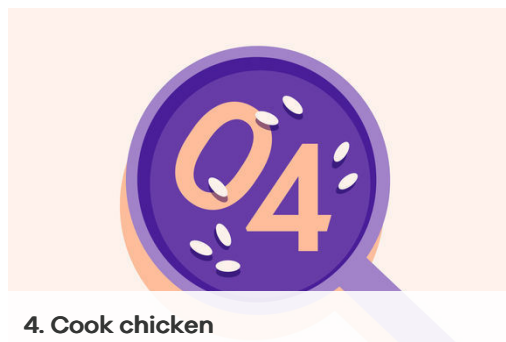
Preheat the oven to 220C. Thinly slice the **onion** and **half the cabbage***. Finely chop the **mint** leaves, discarding the stems. Crush or finely chop **2 garlic cloves**.



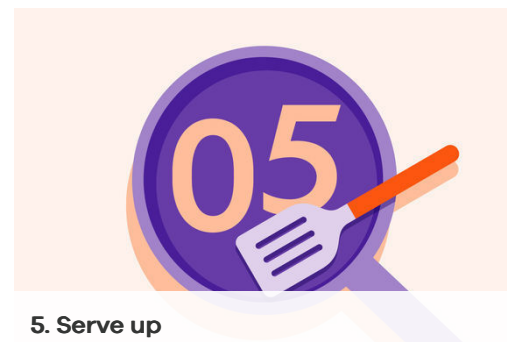
Put **2 tbs white wine vinegar** and **½ tsp sugar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **onion**, toss well to combine, then set aside to pickle.



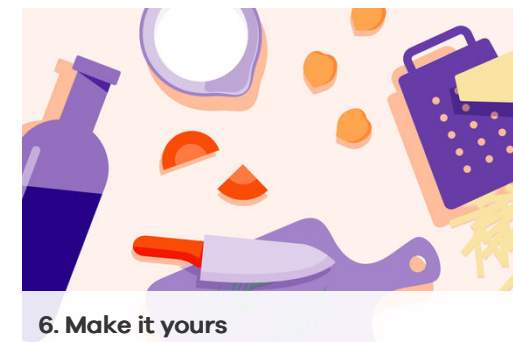
Enclose the **tortillas** in foil. Put in the oven for 8 mins or until softened and warmed through.



Meanwhile, put the **chicken, garlic** and **1 tsp jerk seasoning*** (see Make it yours) in a bowl and turn to coat. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the chicken for 3-4 mins each side until browned and cooked through. Remove from the pan and thinly slice or roughly shred with two forks.



Add the **cabbage**, **mint** and **1 tbs olive oil** to the **pickled onion** and toss well to combine. Spread the **tortillas** with **1½ tbs mayonnaise**, then top with the **slaw** and **chicken**. Divide the **tacos** among plates and enjoy!



Our jerk seasoning contains chilli, so add more or less to taste, depending on your palate.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au **#dinnerly**

 **Packed in Australia**
from at least 95%
Australian ingredients